

# **Butler Park and Recreation Programs - Fall 2013**

**Registration forms are available on the Village's website ([www.butlerwi.gov](http://www.butlerwi.gov)) or at the Village Hall.**

**Please register at least one week prior to the class.**

**Class registration is complete when payment is received.**

**All classes are held at the Community Center, unless otherwise indicated.**

**HARVEST EXCHANGE:** Bring your seeds, plants and vegetables. October 9th from 10 a.m. until 8 p.m. at the Butler Library.

**ZUMBA:** Dance fitness, with Latin inspired and easy to follow choreography. Loose waistline inches while having fun. All fitness levels are welcome. One-hour sessions for 5 weeks, starting October 10<sup>th</sup> at 6:30. Cost: \$30. Instructor: Lilia Villar.

**STAGE EXPRESSIONS:** Love the spotlight, or want to conquer stage fright? This is your chance to gain confidence and learn speaking, expression, movement, acting, and auditioning skills. You will get a chance to "break a leg" in a large scene, small scene, or monologue, and create a stage presence you can videotape. We 'rehearse' on Tuesdays at 4:30-5:30 at the community center. Oct 15-Nov 12. A 'stage performance' for your parents and friends follows the last class. Instructor: Wendysue Fluegge, professional recording artist, musician and drama queen! Sign up as soon as possible since there are only 12 slots available! Cost: \$54

**CARD MAKING:** Join us in making beautiful handcrafted Christmas cards. Experienced or novice, this is the class for you! A variety of techniques will be demonstrated. You will make 8 cards (4 designs). All supplies are provided. This class is designed for adults, but children 8+ are welcome when accompanied by a parent. Class is held October 19th 9-12. Cost: \$16. Instructor: Karen Philipp.

**FOUNDATIONS OF INVESTING:** is an educational program geared to those new to investing or who need a financial refresher. Learn about bonds, stocks and mutual funds, the importance of asset allocation, and how inflation can erode long-term goals. October 26<sup>th</sup> at 9:00. There is no charge for this activity. Instructor: Katie Orvis.

**JUICING 101:** Detox your body to help with health, weight loss & fertility. Have you seen the movie "Fat, Sick & Nearly Dead"? This movie demonstrated how men changed their health through an intense juicing cleanse. Want to learn how to juice for your health, reboot your immune system, and detox your body? This class is for you! Topics include basics for juicing for health & weight loss, juice cleanses, and detox juice recipes for specific health problems, do's and don'ts of juicing, differences between the types of the machines on the market, including those good and bad. January 7<sup>th</sup> at 6:00 p.m. Cost: \$14. Instructor: Brittany Parker, Health Coach.

**For more information, contact Heather Walters at 414-322-3002.**